



Arbor Day 5K RUN FOR THE TREES

Saturday, April 29, 2006, 8:00 AM
Bryan Park, Richmond, Virginia



- PLACE:** Richmond's Bryan Park at the Intersection of I-95 and Hermitage Road
- COURSE:** **TWO** loops through the back sections of Bryan Park. The course is on shaded, paved roads with rolling hills. The race will start at shelter 1, which overlooks the pond. **RAIN OR SHINE.**
- REGISTRATION:** **LIMIT OF 200 RUNNERS.** There will be race-day registration if the maximum runners are not pre-registered. Race day check-in starts at **7:15 a.m.** Race fee is **\$15**. Make checks payable to Friends of Bryan Park Inc., Attn: Arbor Day 5K. Proceeds will benefit a tree planting in one of Richmond's underserved communities. Runners can also register at active.com. **FREE T-shirt if you register before April 1st.**
- POST-RACE:** Runners and observers, join in the fun post-race activities... we'll host an Arbor Day Celebration including ceremonial tree planting, climbing demonstrations, paper-making and exhibitors. All runners will have the opportunity to plant a tree seedling in Bryan Park.
- AWARDS:** Awards will be given to the top 3 overall male and female and the top finisher in each age group.
- AGE GROUPS:** 19 and under, then every 5 years up to age 50, and 50 and older.
- RACE DIRECTOR:** Lisa Krajewski (804) 328-3031. Email: lisa.krajewski@dof.virginia.gov
- MAIL REGISTRATION AND FEE TO:** (make checks payable to Friends of Bryan Park Inc., Attn: Arbor Day 5K)
Virginia Department of Forestry, Attn: Lisa Krajewski,
P.O. Box 635, Sandston, VA 23150

Last Name: _____ First Name: _____

☐ Male ☐ Female Age on Race Day: _____

Mailing Address: _____

City _____ State _____ Zip _____

Phone: _____

T-Shirt Size: ☐ S ☐ M ☐ L ☐ XL

Race Number

Waiver:

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event, including, but not limited to, falls, contact with other participants, the affects of the weather, including high heat or humidity, traffic and the conditions of the road – all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Commonwealth of Virginia, City of Richmond and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. This is a race conducted under the rules of USATF. In consideration of the safety of all participants, NO baby joggers, baby strollers, headphones, animals on leash, skateboards and/or skates will be allowed.

Signature: _____ Date: _____

Parent or Guardian Signature (If under 18): _____